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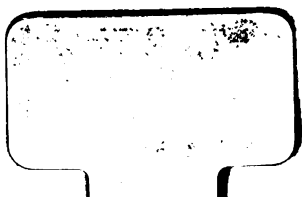
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MAIGRE COOKERY

H. L. Sidney Lear





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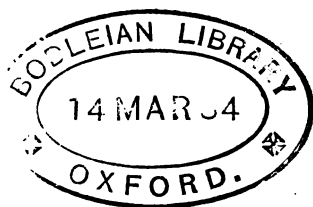
H. L. SIDNEY LEAR

RIVINGTONS

WATERLOO PLACE, LONDON

MDCCCLXXXIV

17²/. f. 3.



Printed by R. & R. CLARK, Edinburgh.

NOTICE.

Two or three years ago this little book was published containing a good many maigre recipes, and it is said to have been useful. It is now re-edited in a different shape, and with the addition of a good many more, chiefly Italian recipes. Some few, not strictly maigre in their preparation, have been added, because the collection has been found useful, not merely for maigre seasons, but for invalids and for savoury dinner dishes. There is a very general feeling at the present time that English people have used more meat food than is either wholesome or thrifty, and many of the recipes given here are habitually used on the Continent, with-

out being at all confined to maigre purposes. A dish of eggs, or cheese, or rice nicely cooked, would often be real economy, in sparing the more costly articles of food, the trouble of cooking these other savoury dishes being really the obstacle which often alone seems to hinder their use. But if people with small households in England would take to using them as in other countries, we are persuaded, that not only would a pleasanter and more wholesome dietary be attained, but also real thrift and economy.

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MAIGRE COOKERY

1.—Common **Maigre Stock** for Soups and Sauces.

Take 2 or 3 lbs. of dry peas (the hard kind), wash, and boil them, adding water so as to prevent the peas from becoming cooked (a bit of iron, such as a key, in the pot will prevent their softening). Let them boil for some hours, and use the broth, filling the pot up with cold water as you do so. Then take plenty of carrots and onions; cut the first in pieces, and the onions across. Pass them in a stewpan with butter till they are half browned, then cover them with some bits of parsley *roots*, leeks, mushrooms, sprigs of parsley, and small white onions whole, a very little thyme and mint, a bay-leaf, a carp's body (keeping the flesh for stuffing). Moisten with a little hot water, and let it simmer over a slow fire. In an hour add more hot water, and

make a hotter fire. Then take the pot by both handles and shake it constantly till the contents are coloured, but not burnt or blackened. Then mix the purée of peas, which ought to be clear ; boil gently for an hour or two ; pass through a tammy, and clear carefully of all grease.

2.—Fish Stock for Soups and Sauces.

Prepare a clear purée of split peas, as before. Then take the remains of any kind of fish, salt or freshwater ; put them in a stewpan, with an onion with one or two cloves stuck into it, some slices of carrot, and a bouquet of herbs, salt and pepper ; moisten with half water and half purée, add a piece of bread crumb, and a bit of butter. Cook well and strain.

This stock is a good foundation for almost all maigre soups. The addition of some crab shells grated or well crushed boiled in it, and then (after straining through a cloth) rather highly seasoned, will make a good *bisque d'écrevisses*, to which no further addition is needed, save some croutons fried.

Again what the French call "*roux*," which is

sometimes called "brown butter" in England, is constantly required in cooking maigre dishes. It simply consists of

3.—**Roux, or Brown Butter.**

Two ounces of butter, slowly melted in a pan : add 3 oz. of flour, and stir with a wooden spoon till it becomes of a golden brown. This is added to colour soups and sauces.

4.—**Liaison, or Leason.**

What is called a *liaison* consists of the yolks of two eggs mixed with six or eight tablespoonfuls of milk or cream, passed through a sieve, and used to unite other sauces.

5.—**Brown Thickening.**

Brown thickening for sauces is made by melting a pound of butter over a slow fire, and carefully taking off the scum. Then pour the butter into another stewpan ; add a pound of sifted flour, mix well with a wooden spoon, and stir over the fire till it is of a light brown colour. Put into an earthenware pan, and use as required.

6.—White Thickening.

White thickening is made in the same way, only, in order to prevent browning the mixture, the fire must be kept very slow while baking.

7.—Fried Bread Crumbs.

Fried bread crumbs are prepared by putting, say 4 oz. of very stale, fine crumbs into a frying-pan, with an ounce of butter, stir with a spoon till they are light brown. Then put the crumbs on a sheet of paper to clear off the grease, and keep till wanted.

8.—Fish Forcemeat.

The fish (of whatever kind) must be carefully cleared of bones and put through a wire sieve. Then mix with butter, in the proportion of one half the weight of fish, and the same of bread panada (No. 9). Pound these together, adding two or three eggs and seasoning.

9.—Bread Panada.

Steep 1 lb. of crumb of bread in lukewarm water; wring it in a cloth. Put in a stewpan with 1 oz. of butter and a little salt, and stir over

the fire till it is a firm smooth paste. Let it cool before mixing with other materials.

This is a necessary foundation for all stuffing or forcemeat.

10.—Frying Batter.

To three quarters of a pound of flour add 2 oz. of melted butter, and two yolks of eggs; mix with a wooden spoon, pouring in about three quarters of a pint of warm water, and work with the spoon till it be like smooth cream. It must stand a while before used, and just before use three whites of eggs whipped into froth must be stirred lightly in.

11.—Bechamel Sauce.

Chop two shalots, some parsley, and small onions not very finely, into fresh butter. Moisten with cream or milk, and boil till the mixture is reduced to half. Season with a little salt, pass through a tammy into another saucepan, add some nutmeg and a little bit of butter rolled in flour. Stir this sauce over the fire till it is smooth, and serve.

12.—Cream Bechamel Sauce.
(French recipe.)

Take 2 oz. of butter and 4 oz. of flour ; work them together with a wooden spoon ; put into a saucepan with a chopped onion, a carrot, a bit of celery, sprig of parsley, a bay-leaf, a sprig of thyme, pepper, salt, and nutmeg ; moisten with a pint of milk ; stir over the fire, and let it boil ; strain into a basin. When wanted put some of this sauce into a saucepan with a few sliced mushrooms, and while on the fire stir in cream in proportion of one half of the whole quantity.

13.—Sauce Piquante.

Slice some onions, a few mushrooms, carrots, turnips, and parsley roots, into melted butter ; sprinkle with a little flour ; moisten with any wine and maigre stock in equal parts ; season with salt and spice. Add a handful of roughly-chopped shalots, a head of garlic, a tarragon-leaf, a bay-leaf, and a sprig of basil thyme. Boil for a good quarter of an hour, pass through a tammy, and skim off all grease. Then add a few whole capers, two pickled gherkins chopped, and

(if agreeable) one or two anchovies well cleaned and chopped small. Warm the sauce without letting it boil. It may be served with slices of lemon.

14.—Dutch Sauce.

Four yolks of eggs to 2 oz. of butter, a table-spoonful of cream, a teaspoonful of elder, chili, or tarragon vinegar, with pepper, salt, and nutmeg. The pan in which these are should be put into a saucepan of hot water over the fire, and the mixture be stirred quickly with a wooden spoon till it becomes like cream.

15.—Celery Sauce.

Slice three or four heads of celery small, and stew very gently with a sliced onion ; 3 or 4 oz. of butter, and seasoning. Do not let the celery brown, and when soft, add 3 oz. of flour and a pint of milk. Stir and boil for above twenty minutes, pass through a tammy. It must be heated again for use.

16.—Italian Sauce.

Take a dessertspoonful of salad oil, and the same quantity of chopped shalots mixed with a

little thyme or other herbs. Stir till the shalots are lightly fried (not coloured). Add a tablespoonful of chopped mushrooms, half a pint of maigre stock, a little "*roux*" or brown butter, and a little white wine. Boil and skim.

17.—Maitre d'Hôtel Sauce.

Heat some Bechamel Sauce, stir in a piece of butter (about 2 oz. to a gill of sauce), a tablespoonful of chopped parsley, and lemon juice to taste.

18.—Sharp Maitre d'Hôtel Sauce.

To the above sauce add a tablespoonful of tarragon vinegar, the same of chili vinegar, and a teaspoonful of anchovy, or of lemon juice, boiled separately for a few minutes.

19.—Geneva Sauce.

Chop half a dozen good-sized mushrooms, with a few shalots, and a little parsley. Put them into a stewpan with a piece of butter, and stir over the fire for five minutes; then add a gill of maigre stock, a spoonful of flour, pepper, salt, and nutmeg, a tablespoonful of lemon juice, and a little sugar, and boil.

20.—Gooseberry Sauce.

Boil half a pint of green gooseberries, drain and rub through a hair sieve. Stew with a tablespoonful of chopped sorrel or spinage ; add a bit of butter, and pepper, salt, and sugar. Serve with fish.

21.—Mustard Sauce.

Melt the quantity of butter required, and then stir in a teaspoonful (or less) of mustard, with a dessertspoonful of chili vinegar. You may add some fish roe, or anchovy, or chopped sardine, if agreeable.

22.—Indian Sauce.

To half a pint of Tomato Sauce (No. 29) add a dessertspoonful of curry powder, a teaspoonful of chili vinegar, and boil.

23.—Red Sauce.

To half a pint of stock, add 2 oz. of currant jelly, a glass of red wine, and a few peppercorns. Boil for five minutes.

24.—Mayonnaise Sauce.

Take three yolks of eggs, with pepper and salt, and work them in a basin with a wooden spoon into half a pint of olive oil and a tablespoonful of tarragon vinegar, till the mixture is like thick cream.

This sauce is always eaten cold, with fish, fish or other salads, etc.

25.—Wine Sauce.

To a glass of wine add a tablespoonful of lemon juice, three chopped shalots, a little cayenne pepper, and a tablespoonful of any sauce, according to the flavour you desire,—Harvey, Worcester, tarragon vinegar, etc. Boil for five minutes, and strain.

26.—The same, as Sweet Sauce.

Instead of the shalots add chopped citron peel, a bit of cinnamon instead of cayenne, and any syrup,—orange, currant, cherry, etc.,—instead of the sauce.

27.—Mushroom Sauce.

To twelve tablespoonfuls of stock add six or eight chopped mushrooms ; boil with sugar and peppercorns, or cayenne.

28.—Shalot Sauce.

A tablespoonful of chopped shalot, two of vinegar, spice. Boil ; then add ten tablespoonfuls of stock and a little sugar.

29.—Tomato Sauce.

Boil six sliced shalots with herbs and a wine-glass of vinegar, for five minutes ; then add six bruised tomatoes, and some sugar. Stir and boil for five minutes ; pass through a coarse strainer.

Crosse and Blackwell's preserved tomato pulp can safely be used instead of fresh tomatoes. A $\frac{1}{4}$ lb. to six tomatoes.

30.—White Sauce.

Boil a quarter of a pint of milk with an onion and some seasoning ; when boiling stir in an ounce of flour and two of butter, ready mixed.

Stir till quite smooth. Strain ; mix two yolks of eggs with a little cream, and stir into the first mixture over the fire, without allowing it to boil.

31.—Egg Sauce.

Take any White Sauce, and when hot stir slowly in two or three hard-boiled eggs chopped small, not minced.

32.—Curry.

Slice six large onions, and stew over a slow fire in 2 oz. of butter. Add two sliced apples, and stew till these are mixed ; then add a tablespoonful of curry powder, a teaspoonful of vinegar, two of flour, some salt and sugar. Moisten with a quart of maigre stock, or milk, or water, or either of these mixed. Boil till it is thick, and strain through a tammy.

33.—Purée of Dried Peas.

Take the largest size of split peas, wash in hot water, boil in cold, adding water as the peas absorb it. When they are thoroughly done strain through a sieve.

34.—Pea Soup.

A quart of split peas, two onions, a carrot, and a head of celery (chopped), to three quarts of water. Simmer three or four hours over the fire, occasionally adding a little water; pass through a sieve, and boil again, adding one ounce of butter, pepper and salt.

Serve with dried powdered mint, and dice of fried bread.

35.—Bourgeoise Soup.

Scrape or peel lightly four turnips, if large cut them; pluck four leeks, and cut into inch-long pieces and wash them. The same with some bits of celery. Pluck and cut four onions; stew all in a small pot, with water, salt, and a little butter. (You may fry the turnips first if you think proper.) When these vegetables are thoroughly done, take a purée of dried peas, add the vegetables and some pepper, boil altogether, season to taste, and serve.

36.—White Turnip Soup.

Scrape and peel and cut up turnips according

to the quantity of soup required, and put them to boil in lukewarm water. When half done, add one fifth as much of onion cut up, pepper and salt. When thoroughly done, take off the fire, and add a cup of milk and a piece of butter, stir well, and serve with dice of fried bread.

37.—Onion Soup.

Cut six large onions into slices, and put them into a stewpan with butter until they are brown; moisten with a little hot water, and stew; then add two quarts of maigre stock (of purée of peas); add black pepper and salt, and boil the whole up several times.

38.—Belgian Turnip Soup.

Two pounds of turnips cut into dice, 4 oz. butter, two chopped onions, a dessertspoonful of brown sugar, pepper and salt, to two quarts of water. Simmer for twenty minutes, stir in a cupful of flour and a quart of milk; boil for twenty minutes, and serve with dice of fried bread.

39.—Cabbage Soup (White).

Chop some cabbages, and put into a pot with onions cut in quarters, 2 oz. of butter, salt and peppercorns, and boil slowly in water; when thoroughly cooked add milk according to taste.

40.—Brown Cabbage Soup.

Stew the chopped cabbages in water with pepper and salt; pass some sliced onions in another stewpan with brown butter, and when the onions are browned moisten them with a little stock, pour over the cabbage and boil.

41.—Dutch Cabbage Soup.

Butter a tureen and sprinkle it with cheese; put in a layer of cabbage sprinkled with cheese, and another of bread crumb also sprinkled; then cabbage again, and bread, always letting the uppermost be cabbage. Pour a little stock over the whole; put the tureen for a short time into the oven, and serve.

42.—Chestnut Soup.

Shell, scald, and scrape two score chestnuts;

boil them slowly in a pint of milk, drain and rub through a wire sieve ; put into a stewpan with an ounce of butter, a teaspoonful of sugar, a little cream, pepper and salt ; stir till well mixed, and then stir in a pint of milk and a pint of stock, till just boiling.

43.—Carrot Soup.

Scrape a dozen carrots, parboil, drain, and put them into a stewpan with a pint of milk, two onions, some chopped celery, 2 oz. of butter, and seasoning. Let this simmer till the carrots are quite soft ; beat up well, add two pints of stock and a little sugar, and heat just short of boiling.

44.—French Soupe aux Choux.

Three pounds of white cabbage cut in strips, to a gallon of water, and 2 oz. of butter, two large onions, a carrot, turnip, head of celery, and any other available green vegetable, such as leek, peas, or some sliced lettuce. Boil for a couple of hours, season with black pepper, salt, and a little brown sugar. Cover the bottom of the soup tureen with stale bread, leaving the

crust on ; pour the soup over it, and cover all up closely by the fire for a few minutes, to let the bread get well soaked, and serve.

45.—Lentil or Dried Haricot Soup.

Slice three or four onions, a turnip, and carrot, into a stewpan, with a quarter of a pound of butter, some parsley, thyme, and a bay-leaf ; stir till these are getting brown ; then add a quart of lentils or haricots and three quarts of water, or maigre stock ; let all simmer till the lentils are soft ; then season with salt and sugar, and serve either as it is or strained through a tammy.

46.—Soupe à la Paysanne.

Put a pint of peas into four quarts of water, and when they begin to boil, add them to another pot in which two or three onions, carrots, turnips, some celery, and any herbs, leeks, etc., have been lightly browned in a quarter of a pound of butter. Boil both together, throwing in some crusts of bread, pepper, and salt ; then let the whole simmer for an hour or two. When about to serve, sprinkle some finely-chopped leek or shalot on the top.

47.—Bourgeoise Soupe Maigre.

Four carrots, two leeks, one turnip, two large onions, two large potatoes, a handful of dried peas. Put together in a soup pot with four quarts of cold water; boil four hours, pass through a sieve; add a piece of butter, pepper and salt, a little more water. Boil for half an hour, and serve, adding a little boiled rice or sliced potato.

48.—Soupe de Strasbourg.

Chop four or five lettuces, a cucumber, one or two onions, a little chervil, parsley, and a leaf or two of tarragon, into a pot with an ounce of butter, nutmeg, salt, and pepper, and a little sugar; simmer for a quarter of an hour, then add a good spoonful of flour; mix with three pints of maigre stock; stir till it boils; then let it simmer gently, and just before serving stir in half a pint of cream, six yolks of eggs, and some sugar.

This soup may be more economically made by using a pint of milk instead of cream, diminishing the quantity of stock accordingly.

49.—Celery Soup.

Slice six heads of celery with four or five onions into 4 oz. of butter and a pint of maigre stock. Simmer till soft ; then add $\frac{1}{2}$ lb. of flour, pepper, and salt ; mix well. Add a quart more either of stock or milk, and stir over the fire for a quarter of an hour ; pass through a tammy, and heat. (Add a half pint of cream if made without milk.) Serve with fried croûtons.

50.—Vegetable Marrow Soup.

Take the core out of two or more marrows (according to size), put in a stewpan with 2 oz. of butter, a chopped onion, nutmeg, pepper, salt, and sugar, and a pint of water. Boil gently, pass through a tammy ; add a pint of maigre stock, and a pint of milk, or half pint of cream. Stir well over the fire, and serve with fried croûtons.

51.—Common Vegetable Soup.

Strip and wash any vegetables, such as lettuce, sorrel, spinage, chervil, leeks, French beans, etc. Chop them slightly, and stew them with a bit of

butter over a slow fire, often turning them with a wooden spoon, and when thoroughly done mix a little flour. Then add water, boil for a minute; add a *liaison* (see No. 4) of yolks of eggs, and pour over thin slices of bread, putting the vegetables in last so that they may float at the top.

52.—Potato Soup.

Take five or six mealy potatoes, and cut them into small slices, with an onion and a little bit of celery. Boil in three pints of water till all is tender; pass through a sieve. Boil again with a bit of butter, pepper, salt, and sugar, and just before serving stir in two tablespoonfuls of cream. The cream must be added *after* the last boiling.

53.—Brittany Potato Soup.

Take potatoes and half as many onions (say twelve and six), boil in a quart of water till quite in pulp. Rub through a sieve; add about 2 or 3 oz. of butter, pepper, salt, and sugar, and a few chopped mushrooms, and heat (not boil) with two quarts of milk.

54.—Paris Potato Soup.

Slice a dozen potatoes and half as many onions into a stewpan with 4 oz. of butter, nutmeg, sugar, pepper, and salt. Add two quarts of maigre stock, and boil gently over a slow fire. Pass through a tammy; stir in half a pint of cream, and a few button mushrooms. Stir over the fire till quite hot, and serve with fried croûtons.

This soup is sometimes made without the mushrooms, stirring in a few fresh green peas, or chopped French beans, or chopped gherkins, according to the season, with a few dice of fried bread.

55.—Herring Broth.

Chop four turnips, two carrots, two onions, a lettuce, some parsley and herbs, with a herring. Boil in four quarts of water slowly for three hours. Season and serve very hot, either with all or part of the vegetables left in according to taste.

56.—Oyster Soup.

Scald, drain, and wash two dozen oysters; nearly melt 2 oz. of butter, mix 2 oz. of flour

with it, add a pint of fish stock ; put in a small teaspoonful of anchovy, a little nutmeg, and a teaspoonful of chili vinegar. Add a quarter of a pint of cream, and stir over the fire till it boils gently. Cut up the oysters, put them into the tureen, and pour the soup over them.

57.—Soupe à la Mer.

Take the liquor in which any sea fish has been boiled, add sliced onions and carrots, a small bay-leaf, some parsley, and a scrap of garlic. Put it in a pot on the fire, and when at boiling point throw in some lettuce hearts, chervil, a stick of celery, and some sorrel, slightly chopped ; when these are cooked add a *liaison* of yolks of eggs, season, and pour on to slices of bread in the bottom of the tureen.

This soup may also be made boiling the fish with the vegetables, keeping the fish in it, and passing the whole through a tammy before the second boiling, when the lettuce, etc., is added.

58.—Lobster Soup.

Chop up an onion, carrot, some shalots, parsley, thyme, celery, and a bay-leaf ; pass in a

stewpan with butter till just browned, mix in 4 oz. of flour. Then stir into two or three pints of fish stock (see page 2), or water. After boiling, let it simmer a while ; then put in a cooked lobster from which the best part of the tail and claws has been removed, and which has been bruised in a mortar, and boil. Pass through a tammy, and skim ; add a very little white wine, a spoonful of lemon juice, a teaspoonful of anchovy, pepper and salt. Put the meat from the tail and claws, cut small, into a tureen, and pour the soup hot upon it, and serve. Tinned lobster may be used for this. Crab soup may be made in the same way, with the addition of a little cream instead of wine.

59.—Rice Soup.

Half a pound of rice, stew for two hours in half a gallon of water with a bit of butter, a mealy potato, a turnip, carrot, onion, head of celery, two or three Jerusalem artichokes, and a little parsley, all cut into dice. Then add a pint of maigre stock, with pepper and salt, one or two cloves, a bay-leaf, and a little thyme. Boil up (and before serving

stir in a little cream and a few button mushrooms).

60.—**Macaroni Soup.**

Soak 4 oz. of macaroni for two hours, throw it into a pint of boiling milk and water ; add an onion, some salt and pepper, and a tablespoonful of stale bread crumbs. Boil gently, pass through a sieve ; put on the fire again (not to boil), and add a gill of cream (or milk), a little bit of butter, a few peppercorns, and a little nutmeg, and serve.

The same recipe may be used for vermicelli soup.

61.—**Barley Soup.**

Boil a quarter of a pound of barley in one pint of water ; add two pints of stock, while boiling ; put in a chopped onion, 1 oz. of butter, a little cinnamon, nutmeg, pepper and salt, and half a pint of milk (or cream) ; stew for ten minutes, and serve, either straining away the barley or not, according to taste.

62.—**Sago Soup.**

Steep $\frac{1}{2}$ lb. of sago for some time in cold water ;

put into a pot with two quarts of water or stock, an onion, turnip, some celery, a $\frac{1}{4}$ lb. of stale bread, peppercorns, salt, and a little sugar ; when soft, rub through a sieve, and add a pint of boiling milk, serve with fried bread.

63.—Vegetable Purée.

Cut up finely three large onions, three turnips, one carrot, and four or five potatoes ; put into a stewpan with a quarter of a pound of butter (or half butter and half dripping), and a bunch of parsley and herbs ; pass over a brisk fire for ten minutes ; then add two tablespoonfuls of flour, stirring it in with two quarts of maigre stock and a pint of boiling milk ; season with salt, pepper, and sugar ; pass through a tammy, boil again, skim, and serve with fried croûtons.

64.—Kenn Soup.

Stew six Jerusalem artichokes and a large onion in water till tender ; then add as much milk as will make up three pints in all, two yolks of eggs, pepper and salt, and pass through a sieve.

65.—Serve-all Soup.

Boil 8 oz. of barley and six of peas, for some hours in four quarts of water. Add 2 lbs. of peeled potatoes, salt and pepper to taste; a bunch of sweet herbs, two browned onions sliced, and 4 oz. of vinegar. When done stir in dice of toast or fried bread. Any sort of vegetables may be added.

66.—Vegetable Soup alla Genovese.

Take four cabbages, a lettuce, some Brussels sprouts, or black cabbage, and beetroot. Cut away the coarser parts, cut them up and put them into a pot with plenty of water, a little chopped parsley, and salt, and boil for an hour. Then throw away all the water except what suffices to cover the vegetables, then add $\frac{1}{2}$ a litre of milk or cream, and boil a quarter of an hour. Meanwhile pound in a mortar some basil, two cloves of garlic, and a handful of grated cheese, mix with enough oil to make it run thickly; put half this into the pot with the vegetables, when the mixture has boiled three quarters of an hour, and the rest ten minutes after, when on the point of serving it up.

67.—Minestrone Milanese.

In summer, when there are plenty of fresh vegetables, this is found in every Lombard kitchen. It contains cabbage, beans, shred French beans, peas, potatoes, celery, carrots, turnips, vegetable marrow, and any other available herbs and vegetables, all boiled in broth, to which are added a slice of bacon, some fried parsley and a quarter or two of garlic or onion, and a little ham or salt pork chopped very fine. Of course these may be omitted in a strictly maigre soup. The larger vegetables must be partly boiled before they are put in. When nearly boiling add rice or *pasta* (macaroni, vermicelli, or any Italian paste).

68.—Zuppa alla Casalinga.

Put two or three tomatoes into a pan, having taken out their seeds, add a layer of basil thyme, parsley, and celery, two cloves of garlic or onion, pepper and salt, and enough oil to fry the same. Fry lightly for ten minutes, then add home-made bread cut up small, or oatmeal and rye-flour mixed. Pour hot water upon the mixture,

and let it boil for an hour, taking care to stir it frequently, so that it may not stick to the pot and get burnt.

69.—*Soup à la Saverio.*

Beat up six yolks of eggs with a glassful of stock (maigre or others). Pour it slowly into a pot in which you have already put a table-spoonful of grated cheese (Parmesan is best), and six of flour, mixing all carefully into a paste. Have on the fire a saucepan with broth corresponding, and when it boils, put the paste in slowly through a tin sieve or strainer, so that as it falls in, it takes the shape of vermicelli. Boil from eight to ten minutes, and serve.

(The ordinary ways of dressing fish, used on all occasions, are not inserted here, these being taken for granted. The following recipes are more such as are specially intended for maigre seasons as a variety.)

70.—*Turbot au Gratin.*

Pull the remains of cooked turbot and mix with some Bechamel sauce (No. 11); heat it in

a stewpan, and when placed in the dish, sprinkle it well with grated cheese, pour a little cream over it, and brown with a salamander.

71.—Turbot or Sole en Retraite.

Chop the cooked fish small with two hard-boiled eggs, mix with stale bread crumbs half as much as the fish, moisten with a little cream or hot milk, add a few chopped gherkins, peppercorns, a little spice ; put all into a dish and cover with a layer, not more than an inch thick, of mashed potatoes, and brown it lightly ; or the fish may be surrounded with the potato, and left open at the top.

72.—Fillets of Sole Fried.

Flour the fillets, and dip them in well-beaten egg, roll them in bread crumbs, and fry them lightly in butter, oil, or dripping ; serve with fried parsley.

These may be also served with almost any of the sauces given above.

37.—Fillets of Sole à la Cressy.

Take the ordinary fillets, keeping them flat

instead of curling them, season with a little vinegar, pepper, salt, and sliced onion; then dip lightly into frying butter, each fillet separately, turning them with a fork so that they may be evenly cooked. They will take about twenty minutes; serve with tomato sauce. (No. 29.)

74.—Fillets of Sole au Champignons.

Bread-crumb the soles and fry as usual, having some mushrooms chopped very fine, and sprinkle over the fillets as they are frying. When dished, sprinkle lightly with bread crumbs browned; then serve as they are, or with mushroom sauce.

75.—Sole au Gratin.

Split the sole, and take out the bones; put an ounce of butter into a stewpan, with various herbs and a few mushrooms chopped together, and seasoned with pepper, salt, nutmeg, and a little vinegar. After this has been a few minutes on the fire, put half the mixture into the sole; then put it on a buttered dish, spread the rest of the mixture over it, sprinkle it with bread crumbs, and moisten with a little white wine

and water ; put a little butter over the crumbs to brown them, and cook in an oven or on a hot plate. It should take from a quarter of an hour to twenty minutes.

76.—Soles al Piatto.

Take a china dish fit to bear the fire. Put in some butter and let it melt over a tripod with charcoal under ; then add parsley, little onions, and dried mushrooms, all finely minced and mixed together with pepper and salt. Then spread a fine sole in the dish, cover it with another dish, and let it cook slowly, only uncovering the dish once to turn the sole when half cooked. At the moment of serving squeeze some lemon juice over it.

77.—Mullet alla Livornese.

Clean the fish and remove scales, fins, etc. ; lay them in an earthen pan, in which you have already prepared oil and chopped garlic. Sprinkle over them some fennel, salt and pepper, and cook for a few minutes, then add some tomato juice (fresh or preserved), and finish stewing, turning the fish carefully so as not to

break them. For this it is better to take the pot off the fire for a few moments and let the fish partly cool before turning it.

78.—Stockfish alla Genovese.

Fry lightly in a saucepan with oil and salt, an onion, a clove of garlic, a carrot, some celery and parsley, all well chopped. Add a salted anchovy, which break up in the fry. Then put into the pot 2 lbs. of stockfish, well soaked and cut into small pieces; sprinkle with pepper or ginger, and spices, and let it boil for some minutes. Then add two fresh mushrooms, finely chopped (or if dry, well steeped in hot water), some tomatoes, without seeds and cut up, and a handful of flour. Mix well, and finish cooking.

79.—Fish Cutlets.

These are best made from a large fish, cod, salmon, etc. Cut broad, thin slices, sprinkle with salt, beat with the handle of a knife, dipping it often into some beaten white of egg. Then cover the cutlets with bread crumbs, and fry in butter, turning carefully. Serve with fried parsley or sliced lemon.

80.—Pulled Fish à la Lyonnaise.

Any fish, or different kinds together, picked very fine, removing all bits of skin, bone, etc. Mix with enough cream to make it smooth, add a little mustard and a spoonful of ketchup. While on the fire, in a small stewpan, add a little stock, a small bit of butter, pepper, and a very little flour. When sufficiently cooked, spread on hot toast, stew with bread crumbs, and brown with the salamander before serving.

81.—Carp en Hachis.

Take some small fresh carp, bone them, and mince the flesh with a few mushrooms, parsley, and small white onions; melt (about a quarter of the weight of fish) butter in a stewpan, put in the mince, stir it, moistening with a little white wine and maigre stock; season with salt, spice, and a bunch of herbs; cook over a slow fire, stirring frequently. Serve on slices of toast, or in mashed potato.

82.—Carp (or other fish) à la Russe.

Sprinkle the fish with pepper and salt, put it

through some flour, and into a dish freely buttered, with one or more glasses of white wine, according to the size of the fish, and put into the oven or on a hot plate. Prepare a bed of choucroute (pickled cabbage) stewed with butter ; lay the fish on this, garnish with stewed mushrooms and sliced gherkins, and serve.

83.—Fish Toast.

Pound any remains of fish with a little butter, pepper, salt, chopped parsley, chopped onion, and enough cream to moisten it into a paste ; heat it for a moment, spread on very hot toast, sprinkle with bread crumbs, and serve.

84.—Bouille-à-Baisse.

This favourite Provençale dish is best made with a mixture of red mullet, mackerel, cod, sole, lobster, crab, and other such fish. These must be cut up, mixed with some chopped onion, and passed in butter (not browned) in a rather flat saucepan ; then moisten the contents with olive oil, add an onion, a head of garlic, a bay-leaf, some slices of lemon, one or two tomatoes fresh or preserved, some salt, a pinch

of saffron, and a glass of white wine ; then add enough cold water to cover the fish entirely, and put on a quick fire. The fish should be cooked in quarter of an hour ; then add a spoonful of chopped parsley, give it another half-boiling, and pour the liquid over slices of bread about half an inch thick, serving the fish in a separate dish garnished with the materials of their seasoning. The two dishes are to be taken together.

85.—Bouille-à-Baisse à la Marseillaise.

. Put a saucepan of water on the fire containing some sliced onions, a bay-leaf, head of garlic, some cloves, salt, and pepper. Cut off the heads of the fish about to be used, and boil them in this pan, then strain the liquor. Then put some olive oil and chopped onion in a larger stewpan on the fire, and put in the fish of all kinds cut up in slices ; throw in parsley, some chopped garlic, some sliced lemon, and purée of tomato, salt, pepper, and a little powdered saffron ; moisten with olive oil and white wine, then cover entirely with the liquor made above, and boil over a hot fire. Serve as in No. preceding.

86.—Fish Pudding.

Chop fine any fish already cooked, as much as will three parts fill a small pudding basin ; stew it for a short time with a little butter and pepper ; then take an ordinary French roll, or the same quantity of stale bread which has been soaked in milk for an hour, and beat it up well with the fish, add a few chopped gherkins (and mushrooms or truffles) and a couple of eggs ; beat all up well together, put into the oven, or boil, and serve with anchovy, Italian, or Geneva sauce.

87.—Pulled Fish.

Pull the remains of any cooked fish with a fork, put into a stewpan with a little butter, pepper, and salt, and a spoonful of cream ; when quite hot, dish, brown over with bread crumbs, and serve.

88.—Kadgerree.

Take any fish (sole, haddock, or cod are best), and to two pounds of fish take a cupful of rice boiled well, and strained so as to be in separate grains, though soft ; put the fish into a saucepan, add 2 oz. of butter, Cayenne pepper, and

salt ; when quite hot mix in the rice, and two hard-boiled eggs chopped small ; mix well, and serve very hot.

89.—Fish Rissolles.

Take any cooked fish, and chop it fine, with the yolks of two hard-boiled eggs, about the same quantity of stale bread crumbs, an anchovy, a stick of boiled celery, spice, and salt. Pound all together with a little stock, and 2 oz. of butter, and two eggs beaten up. Make into balls, and fry lightly in bread crumbs.

90.—Fish Sausages.

Pound some cooked fish (lobster, or crab, or oysters the best), and mix into a thick paste, with bread crumbs, yolk of egg (hard-boiled), parsley, herbs, and a few mushrooms. Divide the paste into pieces the size of a small sausage, and fry them in butter. Served on mashed potato.

91.—Water Souché.

Take half a dozen flounders, perch, or other fresh-water fish ; put them in a stewpan with

half a pint of water, a little scraped horse-radish, seasoning, and a good handful of parsley ; stew for ten minutes or so ; put the fish into a small tureen, pour the liquor over very hot, and serve.

92.—Normandy Pie.

Cut up potatoes, carrots, celery, and any vegetable except cabbage, into a pie-dish. Add a handful of well-soaked split peas, two hard-boiled eggs, a little chopped onion and parsley, and a bit of butter, pepper and salt. Moisten with stock or cream. Cover with a very light crust, and bake.

93.—Dutch Potato Pie.

Butter a flat dish, and put a layer of bread crumbs in. Then carefully break from four to six eggs into it ; lay some very thin slices of gherkin upon them. Then put a layer of nearly an inch thick of very light mashed potato over the whole. Sprinkle with bread crumbs, and put into the oven till the eggs are cooked, and the potato brown.

94.—Lausanne Egg Pie.

In the same way, put a layer of well-strained, boiled rice into the dish; pour enough curry sauce over to cover the rice. Then put a layer of thinly-sliced potato (cooked), then two or three sardines (these may be omitted according to taste). Then another layer of curry sauce. On that two or three hard-boiled eggs chopped, and finish with rice, sprinkled with bread crumbs.

95.—Omelette.

Break three eggs into a basin, add a spoonful of cream, and little piece of butter, pepper and salt. Take 2 oz. of butter in an omelette pan, and while it is melting, whip the eggs thoroughly; when the butter begins to splutter, pour the eggs in and stir. As it becomes firm roll the omelette, let it brown on one side, and serve.

96.—Omelette with Herbs.

The same as above, only put chopped parsley, shalot, thyme, or tarragon, with the eggs before you beat them up.

97.—Italian Omelette.

To four eggs, add 2 oz. of grated cheese, pepper and salt. Beat up together, and proceed the same as before.

98.—Potato Omelette.

To six eggs, add two tablespoonfuls of very light mashed potatoes. Beat up with cream, a little bit of butter, pepper and salt, and fry.

99.—Onion Omelette.

Slice five or six young onions, and bake with a little butter, pepper and salt, till they are quite tender. Beat up four eggs, add a cupful of milk, a spoonful of cream, two tablespoonfuls of bread crumbs, and the onions. Bake in an ordinary pie-dish, and either serve in it, or turn it out, and add a sauce, Bechamel or other.

100.—Fisherman's Omelette.

Take any small fish, or remains of other, chop them coarsely with an onion, a shalot, and a bit of garlic. Put into a saucepan with a tuft of herbs, add salt and pepper, and moisten with

common red wine. Put on to a hot fire, boil for half an hour. Meanwhile, knead some butter and flour into eight or ten balls the size of a nut, and put them into a hot dish. Prepare eggs as usual, put them on the balls, pour the saucepan over them, roll a little, and serve.

101.—**Eggs au Gratin.**

Boil the eggs hard, shell and slice them. Put as much white sauce as will cover the slices into a stewpan, add some butter, some grated cheese, nutmeg, the yolks of two or more eggs, and a spoonful of lemon juice. Stir this over the fire till it is thick. Put the egg slices into a hot dish in layers, spreading this mixture between each; cover the top with it, sprinkle with fried bread crumbs and grated cheese, garnish with fried croûtons. Put the whole into the oven for a few minutes, and serve.

102.—**Egg Croquets.**

Boil some eggs hard, chop them fine, beginning with the whites; pound them in a mortar with some finely-chopped parsley and leek (or small white onions), salt, pepper, and nutmeg,

and a little butter, carefully melted, and passed through a strainer. Mix and pound all together well ; bind with one or two raw eggs, make into shape, dip into butter or egg and bread crumbs ; fry of a light brown, and serve with fried parsley.

103.—Fromage aux Œufs.

Weigh your eggs, and take a third of their weight in grated cheese, and a sixth of butter. Break the eggs into a stewpan, mix the cheese and butter, put more pepper than salt ; while on the fire stir with a wooden spoon till the whole is thick and smooth. Turn out upon a hot dish, with or without hot toast beneath.

104.—Swiss Omelette.

Have some peas ready stewed, let them get cold. Then prepare your omelette with a little cream. Mix the peas, and serve as usual.

The same may be done with asparagus tops, or French beans.

105.—Hard Eggs à l'Annecy.

Half-boil the eggs in boiling water ; throw them into cold water ; shell them, and cut them

in half; take out the yolks, and chop them fine. Put some butter, with some chopped mushrooms, into a saucepan; soon add the yolks with some parsley, and a little chopped white onion. Stir all up with one or two raw eggs. Then stuff the white halves, and serve them either in white sauce or a bed of spinage.

106.—Eggs au Beurre Noir.

Break the eggs carefully into a dish; season them with pepper and salt. Have ready a frying-pan with butter, and when the butter leaves off spluttering, slip the eggs gently into it; when nearly done, pass a red hot iron over them to cook the yolks. Dish the eggs; pour a little vinegar into the butter left in the frying-pan, heat it for a moment, pour over the eggs, and serve.

107.—Billiard Eggs.

Half a pound of bread crumbs, mixed with 2 oz. of butter, a chopped onion, some herbs, and, if convenient, a sliced truffle; season to taste. Beat two or three eggs well in a little milk. Add two tablespoonfuls of cream. Roll into balls,

and fry in egg and bread crumb. Serve with potato balls fried in the same manner, alternately.

108.—Genoese Eggs.

Two or three hard-boiled eggs, chopped very small; mix thoroughly with two or three table-spoonfuls of rice, boiled well, but each grain dry and separate. Put into a stewpan with a bit of butter, a little flour, and some chopped parsley, salt and pepper. When quite hot, put on to slices of toast, in a heap, and serve with a small slice of lemon on the top of each.

109.—Eggs en Pâté.

Boil some eggs, not quite hard, shell, dredge with black pepper, dipping the egg first into cream, or lightly buttering it. Then wrap it up in a very thin, light, puff paste, and bake.

110.—Eggs en Marinade.

Prepare as before, but instead of puff paste, put the eggs into a light batter, and fry them.

111.—Egg Fritters.

Cut each (half boiled) egg in two; take out

the yolk, and chop it up, with a bit of sardine, and a little pepper. Fill up the whites with this, put into batter, and fry.

112.—Eggs à la Campagnarde.

Take four or six eggs, according to what is wanted, beat them well, and mix in a stewpan with an ounce of butter, a little cream, pepper, salt, and sugar. Have ready some boiled vegetables (peas, asparagus, or French beans, chopped not very small), some chopped parsley and herbs, and stir these in with the eggs. A tarragon-leaf, or small shalot, some fennel, a truffle or a little celery may be substituted when convenient. The whole should be served on hot toast.

113.—Egg Patties.

Make your usual patty paste and shape. Mix a spoonful of butter, one of chopped spring onions, one of fried bread crumbs, some chopped parsley, salt and pepper, and put a layer in the bottom of each patty. Break an egg carefully into each ; put a very little chili vinegar and parsley on the top of each egg, and cook gently in the oven ; a slow fire will do best.

114.—Milanese Eggs.

Put 2 oz. of grated Parmesan into a stewpan with 1 oz. of butter, some parsley, two small onions chopped fine, and a tablespoonful of white wine (kitchen sherry will do). Stir over the fire till it is well mixed. Then break six eggs into a basin, put them into the stewpan, stir, and cook over a slow fire. Serve on slices of hot toast or fried bread.

115.—Parma Eggs.

Put two yolks of eggs, a small pat of butter, and a tablespoonful of grated Parmesan cheese, with spice (nutmeg, mace, etc.), into a flat dish, and stir on the hot plate. Break five or six eggs into it, and cover lightly with grated cheese. Brown it over, and serve.

116.—Golden Eggs.

Hard-boil the eggs, shell, and sprinkle them with flour. Beat up one or more raw eggs, and dip the hard eggs in this; roll them in bread crumbs, and fry of a good golden brown. Serve in mushroom, Bechamel, or maître d'hôtel sauce.

117.—Eggs à la Pelle.

Boil the eggs nearly hard, put them into cold water, shell, and slice them, putting a little butter and chopped parsley between each slice. Have some very hot toast ready, lightly buttered; put the egg on this. Have ready mixed some chopped mushroom (or gherkin, or onion), butter, crumbs, seasoned with pepper and salt, and softened with a little cream. Spread over the eggs, and brown the whole with a salamander or shovel.

118.—Buttered Eggs.

Put 2 oz. of butter with a little water into a stewpan. Break six eggs into a basin, and stir them well; then pour into the pan, and stir till all is quite mixed. Then serve on hot buttered toast.

119.—Salisbury Buttered Eggs.

Hard-boil and chop the eggs, put into a stewpan with butter, and season with pepper; mix well with a raw egg to blend. Serve on hot toast, and brown over with crumbs.

120.—Provence Buttered Eggs.

Prepare the buttered egg as above, and before taking out of the saucepan stir in a spoonful of chopped mushroom, or parsley, or fresh boiled peas, or chopped gherkin, according to the season.

121.—Eggs à la Soyer.

Boil the eggs hard, throw them into cold water, and take off the shells; then cut them into slices, put them into a saucepan with slices of onion about the same size, only thinner, which have been already boiled in milk. Add a little Bechamel sauce, a taste of garlic, a little pepper, nutmeg, and lemon juice. Toss well together over the fire, and when the eggs are hot serve with fried croûtons.

122.—Curried Eggs.

Hard-boil the eggs, say six, and peel. Slice two onions, and fry them in oil or butter; add a tablespoonful of curry powder, mix with a cupful of cream and a little flour to thicken. Let this simmer till quite smooth, and then pour

it round the eggs, which may stand in the dish, their ends being cut.

123.—Russian Curried Eggs.

The same, except that the hard eggs are to be sliced up, the curry sauce poured over them, and the whole garnished with very thinly sliced gherkin and sardine alternately.

124.—Eggs à la Tomato.

Stew two or three tomatoes with a little water, salt, parsley, and chopped onion. Drain off the water, pass the rest through a sieve, and put into an earthen dish with some oil and pepper, and let it fry for a few minutes. Then break the eggs into it, and let them cook till the whites are set.

125.—Eggs alla Lucchese.

Prepare a fry of chopped onion and butter in an earthen dish, and when it is brown, add half a glass of unskimmed milk, or cream; then put hard-boiled eggs, peeled and cut in quarters, into it for a few minutes. When they are warm add two yolks of eggs beaten up, a little chopped

parsley, some grated Parmesan, and powdered cinnamon. Let the sauce bind, and serve hot.

126.—Eggs alla Regina.

Scald some tomatoes in boiling water, and that they may peel better take out the seeds and pound them on a board, then put in an earthen pot on the fire with oil, chopped garlic, salt, pepper, and a bunch of celery, parsley, and carrot tied together. Stew for a quarter of an hour, then take out the bunch of herbs, and pour your eggs, already beaten up with a pinch of salt, over the stew. Serve quickly.

127.—Eggs in Broth.

Take very strong stock, put into small cups. Add the yolk of one (or more) egg raw, put the cups in boiling water, and keep stirring till they thicken ; add pepper and salt. The stock must be *very* strong to make it good.

128.—Savoury Custards.

Yolks of four eggs, $\frac{1}{2}$ pint of milk, and a little finely - chopped parsley. Season lightly with cayenne, salt, and nutmeg. Steam the custards

in small dariole moulds. When turned out pour a little half-glaze round them.

129.—Curried Vegetables.

Two ounces of butter, a tablespoonful of curry powder, a cupful of water with a little vinegar. Roll any vegetables in flour, and stew in the above; stir in a little mashed potato mixed with curry powder, and stew till soft and quite hot.

130.—Onions en Matelote.

Put some large onions into boiling water for a minute; drain and place them in a stewpan with salt, pepper, and a bunch of herbs. Brown them with some butter, throw in a chopped onion, and stir in a glass of common red wine and the yolk of an egg. Stew over a slow fire, and when served pour a little hot vinegar with some chopped gherkin over the onions. They should be served on fried croûtons.

131.—Onions au Riz.

Put four onions into a frying-pan with butter enough to fry; when getting brown, shake in three tablespoonfuls of rice (boiled and very dry,

each grain separate). Add pepper, salt, a little mace, one or two cloves, a teaspoonful of sugar and another of vinegar, plain, chili, or tarragon. Shake up well and serve very hot.

132.—Haricots à la Provençale.

Having thoroughly boiled the haricot beans (in Provence green and white beans not dried are used together ; if dry, of course they must be soaked, as in No. 139), put them into a stew-pan with several spoonfuls of olive oil, a couple of anchovies, some shalots, and a head of garlic bruised ; season with chopped parsley and gherkins, peppercorns, and salt. Fry them a few minutes, and dish ; add to what remains in the stew-pan a little vinegar, boil, and pour over the beans.

133.—French Beans à la Lyonnaise.

Wash, split, and blanch in boiling water ; then put into cold water and drain. Slice some onions, and redden them in butter in a frying pan ; then throw in the beans, and fry with chopped parsley, silver onions, salt and coarse pepper. Dish, pour some boiling vinegar over the beans, and serve.

134.—**Beans alla Romana.**

Take any beans, kidney or other ; wash with salt and water, boil partly, and then take them out of the water with a strainer. Put them on the fire again with some chopped onion browned in butter, adding a little pepper and grated nutmeg, and two or more pounded anchovies (according to the quantity of beans). These last must be first softened with a little oil, and mixed with a few spoonfuls of the water in which the beans were boiled. Let them all stew till the liquid has chiefly evaporated, and then serve very hot.

135.—**Spinage alla Buona Donna.**

Put some oil to fry in a pie-dish, and brown in it a handful of *pinocchi* (pine kernels or any other nuts). Then add the spinage already boiled and squeezed, two cloves of garlic chopped, a bunch of raisins, picked, and salt. Let the whole cook for half an hour, often stirring. Serve with fried croûtons.

136.—**Spinage au Beurre.**

Pick, wash several times, and drain well ; then

throw the spinage into a saucepan of hot water with some salt, and boil till quite tender. Drain and squeeze out all the water ; then rub through a coarse wire sieve, and put into a stewpan with enough butter to moisten it thoroughly, salt and a little nutmeg. Stir with a wooden spoon ; when hot add a spoonful of any sauce and some more butter. Stir up well, and serve with fried croûtons.

137.—Spinage à la Crème.

Proceed in the same way till it is hot, then stir in a gill of cream, with a pat of butter, and a large spoonful of pounded sugar, and stir well over the fire.

138.—Spinage à l'Italienne.

Pick, wash, put into boiling water, drain, and squeeze. Then chop very fine, and stew in a saucepan with butter. Add while stewing a few sweet almonds pounded, with a bit of candied citron, chopped fine, a spoonful of powdered sugar, some salt, and nutmeg. Stir in a couple of eggs and a little cream. Mix well, and keep turning over the fire with a wooden spoon till

quite thick. Pour out upon a dish sprinkled with flour, and let it get cold ; cut into squares or ovals and fry lightly, sprinkle with sugar, and pass a hot iron over.

Sometimes this dish is eaten hot when first poured out, without being fried.

139.—White Haricot Beans à la Française.

Steep the dried beans in cold water for some hours (five or six at least), and boil in cold water. Put the beans in a stewpan with two ounces of butter, salt and pepper, a spoonful of lemon juice, and chopped parsley. Mix well and serve.

140.—Potato Croquets.

Bake the potatoes, and rub through a sieve. Add to six potatoes one ounce of butter, three yolks of eggs, and seasoning. Stir over the fire till quite mixed. When cold shape into balls, dip them into egg, roll in bread crumbs, and fry.

141.—Fried Potatoes.

Slice raw potatoes very thin, and throw them into cold water. Drain and dry them thoroughly

on a cloth, and then fry quickly of a light brown. They should be quite dry and crisp.

142.—Choux Farcies.

Pass the cabbage in butter without letting it brown, and add some chopped mushrooms and parsley, a large spoonful of semolina, pepper, salt, and nutmeg. Take off the finest leaves of the cabbage, and cut the others two or three times across. Put them into boiling water, and drain. Then put some of the mixture between every leaf, and roll them up in the large outer leaves. Smear these with the mixture, and stew in a saucepan with a little water, butter, and a bunch of herbs.

143.—Potato Pudding.

(Swiss recipe.)

Two pounds of potatoes, boiled, and passed through a sieve. Add a quarter of a pound melted butter, and the same of powdered sugar. Mix well, and add six eggs thoroughly beaten as for an omelette, a glass of brandy, and a quarter of a pound of currants. Mix again thoroughly; put into a cloth, and tie it up carefully. Boil

for half an hour, and serve in any sweet sauce, or with powdered sugar only.

144.—Potatoes à la Lyonnaise.

Take any remains of cold potatoes, shred them into a frying-pan containing three ounces of butter, and three sliced onions. Fry the potatoes brown. Then add a large spoonful of boiled rice (very dry), parsley, pepper, salt, and some lemon juice, mix, fry altogether, and serve.

145.—Potatoes à la Maître d'Hôtel.

Slice boiled potatoes, and put the slices into a stewpan, with a little white sauce or maigre stock, two ounces of butter, chopped parsley, pepper and salt, and a spoonful of lemon juice. Toss until well mixed, and serve.

Or make the maître d'hôtel sauce, and pour it very hot on the potatoes, arranged in circles on the dish.

146.—Potatoes en Brun.

Cut up the potatoes (already boiled), and fry them to a light brown; then sprinkle thickly with chopped parsley and shalot (or mushroom),

pepper and salt, and lemon juice, and serve very hot.

147.—Tomatoes au Gratin.

Cut off the bottom of the tomatoes, and take out the seeds carefully; put them into oil. Chop up one or two mushrooms and shallots, with some parsley and thyme. Season with pepper and salt; fry the whole for a few minutes, then add two yolks of eggs, mix, and fill the tomatoes. Sprinkle the surface with bread crumbs, and brown before serving.

148.—Cauliflower au Gratin.

Wash the cauliflowers in hot water, with a little butter and salt, boil, and drain them well; if large divide them. When dished pour over the following mixture, made meanwhile.

To a tablespoonful of white sauce add three ounces of grated cheese, one ounce and a half of butter, three yolks of eggs, a teaspoonful of lemon juice, pepper, salt, and nutmeg, and stir in a saucepan, without quite boiling. Smooth this sauce over the cauliflower, and sprinkle the top with bread crumbs and grated cheese, and put

in the oven for a quarter of an hour, when the crumbs should be well browned.

149.—Potatoes au Gratin.

Slice boiled potatoes, and put a layer in a dish ; spread a layer of the same sauce as above over it ; then another (or more) layer of potatoes, each covered with the sauce. Sprinkle with bread crumbs and grated cheese, and put into the oven for about twenty minutes.

150.—French Beans à la Maître d'Hôtel.

Pick and cut into strips, wash and drain. Then throw the beans into boiling water with a good deal of salt, and boil quickly till they are tender ; then drain. Make your sauce ready in a stewpan : a spoonful of white sauce (or cream), two ounces of butter, a large tablespoonful of chopped parsley (partly boiled), nutmeg, pepper and salt, and a spoonful of lemon juice. Stir well, and when quite mixed throw in the beans and shake well together, serving very hot with fried croutons.

151.—French Beans de Dijon.

Prepare as above. Put two ounces of butter with chopped parsley, two chopped shalots, some chopped thyme, and the heart of a lettuce also chopped, with pepper, salt, and nutmeg, and a large spoonful of lemon juice, into a saucepan; simmer well, and throw the beans in as above.

152.—Potatoes à la Pélerine.

Slice some onions, and brown them in butter. Mix some boiled potatoes cut in rounds. Moisten the whole with milk, not *soaking* it; sprinkle lightly with powdered sugar, boil for five or six minutes, and serve very hot.

153.—Stewed Peas.

To a quart of peas, put one ounce of butter in cold water; rub the peas and butter with your hand till they are mixed. Pour off the water, and put the peas in a stewpan with two lettuces cut up, some green onions, and parsley, a little salt, and a dessert-spoonful of powdered sugar. Let them stew for half an hour. Knead

two ounces of butter in a plate, with a dessert-spoonful of flour; mix with the peas, and toss well over the fire.

154.—Petits pois au Sucre.

May be done in the same way, leaving out the lettuce, adding a spoonful of cream, and twice the quantity of sugar.

155.—Stewed Lettuce.

Boil two lettuces with salt till quite tender, then put them in cold water. Cut them up, not very small, and put into a stewpan, with two tablespoonfuls of cream, a bit of butter, a teaspoonful of flour, pepper and salt. Some people add a sardine when serving.

156.—Artichokes à la Reynière.

Cut some onions in small dice, pass them in butter till they are of a good brown colour, with pepper and salt: take them out of the stewpan, and let them get cold in the butter. Take off the leaves and choke of the artichokes, pare the bottoms, wash and drain them; then fill them with the chopped onion, and sprinkle them with

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grated cheese and bread crumbs. Brown in the oven and serve.

157.—Celery in Frittura.

Clean and trim the heads of celery, parboil them for ten minutes, and then put into cold water. Drain, and then stew gently till quite cooked. Let them get cold, and then throw the pieces into batter, and fry.

Or roll them in bread crumbs, and then dip in egg, and bread-crumbs the outside.

158.—Salsify in Frittura.

Scrape the salsify till it is quite white ; put it into cold water with a little vinegar, pepper and salt, and a bit of butter. Drain in a sieve ; then put the pieces, about three inches long each, into two tablespoonfuls of oil, and one of vinegar, with pepper and salt. Steep them till nearly wanted, then drain them, and fry quickly in batter.

The same proceeding may be used as far as the oil, and then the salsify may be put into a stewpan with a little white sauce (or cream),

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adding a spoonful of lemon juice, a bit of butter, and some pepper. Serve up with fried bread.

159.—Fried Jerusalem Artichokes.

Peel, cut them through lengthwise ; salt them, drain ; then sprinkle with flour, and fry either in oil, or in batter.

160.—Sweet Fritters of Celery.

Take the upper parts of the stalk, wash and blanch them in boiling water ; then put into cold, drain, tie in a bundle, and boil thoroughly. Let them get cold, and when wanted sprinkle them with brandy (or other liquor), powder with sugar, fry in batter, and serve with powdered sugar.

**161.—Jerusalem Artichokes, or Cardons,
au Parmesan.**

The vegetables should be prepared, as in the last recipe, and stewed in a maigre sauce. When dished, cover with grated Parmesan cheese and fine bread crumbs. Brown with the shovel, and serve.

162.—Artichokes à la Provençale.

Pluck off all the coarse leaves (the artichokes should be tender), and cut away the bottoms, snipping off the hard part of the leaves left ; pull these out as much as you can without removing them. Salt and pepper the inside, and pour olive oil in freely. Then put the artichokes separately into a stewpan, pouring oil in up to their chokes ; add a few sprigs of parsley and thyme. Cover the stewpan with a dish or soup-plate of water. The artichokes should stew thus for two hours over a slow fire, and be served in their own sauce.

163.—Calecannon.

Mix cold mashed potatoes and boiled greens smoothly ; add a little butter, pepper and salt. Sprinkle with bread crumbs, brown, and serve very hot.

164.—Carrots à la Ménagère.

Cut the carrots in rounds, stew them in half maigre stock and half white wine, with salt, pepper, and herbs. When cooked, add some

flour rubbed into butter. Let the whole boil a moment, and serve as hot as possible.

165.—Carrots à l'Allemande.

Take a bunch of quite young carrots, parboil them with a little salt, drain ; then put into a stewpan, with two ounces of butter, white sugar, and a pint of milk. Let them boil very gently, and serve in their own sauce, sprinkled with chopped parsley.

166.—Carrots à la Lungern.

Cut the carrots in rounds, stew them in any white sauce, with salt and a few herbs. While stewing sprinkle in a handful of green peas. Serve, adding a little white sauce before dishing, if necessary, and at the last moment stew a few very crisp dice of fried bread over the dish.

167.—Stewed Mushrooms.

Take a handful of small round mushrooms, wash two or three times in cold water, pass them in a stewpan with fresh butter ; add a few pinches of flour, a little salt and spice, and let them stew gently. When nearly done, add

a little maigre stock, and let them simmer a few minutes.

168.—Mushrooms au Gratin.

The large ones are best for this. Trim them, chop up two or three mushrooms, as much of shalot, and several sprigs of parsley. Put into a saucepan with butter, chopped thyme, and seasoning; fry for five minutes, then add two yolks of eggs. Mix, and put the mixture into the mushrooms, sprinkle with bread crumbs, and bake in the oven for a quarter of an hour.

169.—Broiled Mushrooms.

The larger-sized mushrooms are best for broiling, and those with rather curled edges. Having taken off the stalks, put them on the gridiron upon a sheet of oiled paper, and cover the inside edges with olive oil, and minced parsley (and garlic), sprinkling with pepper and salt. You must mind to keep the oil evenly supplied while the mushrooms are broiling; but they should be served nearly dry.

Oil is better than butter for this purpose, but either will do.

170.—Mushrooms Sautées.

Clean and wash the mushrooms in vinegar and water. Drain in a cloth ; sprinkle with salt, and dredge with flour ; pass them in beaten egg, and then in bread crumbs. Then put them in a stewpan with Bechamel sauce, seasoned with chopped fennel, sprinkle a little fine bread crumb, and fry with butter till of a good colour.

171.—Minced Mushrooms.

Cut up the mushrooms in slices, blanch them in vinegar and water with a little salt, drain and dry them in a cloth ; then fry quickly in butter, sprinkling with pepper and salt, and throw them into a Maître d'Hôtel sauce.

172.—Œufs à la Tomato.

Hard-boil and shell the eggs, cut them in two lengthwise ; cut up the whites in strips, and heat them in tomato sauce. Put this on a dish, within a circle of fried croûtons ; grate the yolks over it and alternate once or twice thus, ending with the grated yolks. Bake and serve.

173.—Mushrooms à la Fermière.

Take two good-sized mushrooms, and stew them. Meanwhile chop up another mushroom with a hard-boiled egg, a spoonful of cream, and a little pepper. Put this into the centre of the mushrooms while stewing, with a tiny bit of butter on the top, and serve on toast very hot.

174.—Potato Hash.

One pound of potatoes, one onion chopped fine, chopped parsley and herbs, a little bit of butter, the pounded yolks of two eggs, pepper, salt, spice, and a little sugar. Stew, moistening with milk from time to time, and serve very hot, sprinkled with bread crumbs browned.

175.—The same au Fromage.

The only difference is that before serving you should sprinkle a little grated cheese instead of bread crumbs, and brown it with a salamander.

176.—Ragout de Béarne.

The same as No. 174, only using turnips instead of potato, and putting on the bread

crumbs rather thickly, some bits of butter among them, before browning.

177.—Potato Pie.

Take some cabbage that has been dressed before, and one or two carrots : put with a little butter, pepper, and salt in the bottom of a dish. Then put a thick layer of raw potatoes thinly sliced ; sprinkle with pepper, a little flour, and a teaspoonful of vinegar. Put this into the oven till the potatoes are thoroughly cooked, and before serving cover with a pie crust of mashed potato, allowing time for it to get well browned.

178.—St. Quentin Potato Pie.

Slice the potatoes thin ; lay among the slices some chopped onion, and some shredded mushrooms. Sprinkle with pepper, salt, and flour, and add a few little bits of butter ; moisten with some water or maigre stock, and a tablespoonful of milk or cream (or olive oil) with as much mustard powder as it will take up. Then cover with a very light puff paste, and bake.

179.—Potatoes à la Bonnefemme.

Slice some cooked potatoes and carrots ; lay them in alternate rings (not over but inside one another). Put some fried croûtons round them, and pour a very hot Bechamel or other white sauce over them, and serve.

180.—Potato Soufflé.

Bake six large potatoes for an hour. Scoop out the inside thoroughly, taking care not to break the skins. Rub the pulp through a wire sieve. Boil a little milk, and put the potato, with one yolk of egg, pepper and salt, in ; whip all together. Then fill up the potato skins with the mixture, bake quickly, till the pulp rises out of the top, and serve.

181.—Vegetable Marrow à la Belge.

Cut up and drain the marrow, then fry with browned onion. Stew slowly with stock, and when thoroughly cooked serve on slices of hot toast, with a good gravy or white sauce poured over it.

182.—Scorzonera alla Genovese.

Prepare a stew of chopped onion and parsley in butter ; then take two bunches of scorzonera. Clean, and cut in slips ; wash in fresh water, and throw into the stew, with a little salt. After it has been cooked for a quarter of an hour, add a pinch of flour, mix, let it cook for another ten or twelve minutes, and finally pour in two yolks of eggs beaten up with a squeeze of lemon juice and two spoonfuls of stock, mixing again and taking off the fire before it boils.

183.—Cauliflower alla Siciliana.

Take away the stalk and outer leaves from a fine cauliflower, leaving only the little tender leaves near the ball, boil it partly with salt and water ; then let it drain, slice it, and put into a saucepan, where you have already two anchovies pounded with oil. Turn with the spoon, and when the cauliflower is sufficiently fried, add a little gravy and a few capers. Leave it a few minutes longer on the fire, and serve hot.

184.—Potato Rissolles à l'Italienne.

Take a pound of potatoes, wash, peel, and pound them, a few at a time, into a paste, which pass through a sieve. Then put it into an earthen stewpan, add some chopped parsley, two beaten eggs, some grated cheese, salt and pepper. Mix well, and make into lumps the size of a small egg; turn in bread crumbs, and brown with butter in an earthen pan, taking care to turn them carefully with the blade of a knife when one side is brown, so that both sides may be equally done.

185.—Spinage Fritters.

Boil the spinage, drain, squeeze, cut it up finely, and put on the fire in a saucepan with butter, a little milk, sugar in proportion, spices, and grated lemon peel, mixing, and letting it stew till it is no longer liquid. Then take off the saucepan, and when the contents are cold add two eggs and a little flour, mixing well. Make small balls of the mixture, dip into white of egg and crumbs, and fry in boiling oil.

186.—Stuffed Mushrooms.

(Uovoli ripieni.)

Pick out some good-sized, young, white mushrooms, as little opened as may be; wash and drain them; fill the hollow part with a paste made of their own stalks chopped, a little fine mincemeat and parsley, all well mixed together with an egg, a little *ricotta* (a sort of cream cheese or thick curd; but a spoonful of cream thickened with flour will do), salt and spices. Place in a dish—the stuffed part uppermost—pour over a little oil, add two or three spoonfuls of gravy stock, sprinkle with fine bread crumbs, and bake in the oven or over a chafing dish.

187.—Lettuce Farcie.

Having cleaned the lettuces, tie them separately with a string and boil them; leave to drain and cool. Then open the leaves, and lay in forcemeat between each leaf, tie them up carefully, and stew gently in a braise made of thin slices of bacon, a carrot, onion, small bunch of sweet herbs, and a little good gravy. Skim the

gravy, strain it, and add a glass of white wine, reduce it, and serve quite hot.

188.—Cauliflower "Pasticciato."

Half-boil a large cauliflower in salt and water, drain quickly, and while quite hot put into a saucepan of which the bottom is covered with large slices of ham, taking care to put the cauliflower with the stalk part uppermost, so that the flowers rest on the ham. Then fill up the interstices with some cooked meat pounded, or finely minced, mixed with bread crumbs soaked in gravy, some chopped onion, parsley, and any other herbs you please, well mixed together with salt and spices. Pour a little gravy over the whole, and let it cook slowly, so as not to be over-moist. Turn all out into a hot dish, take away the ham, and serve. You can place it upon a slice of toast or fried bread.

189.—Fried Cauliflower.

For this you must take off all the leaves, leaving nothing but the flower. Parboil it in salt and water, drain, cut into pieces, dip into a mixture

of flour and water with a little salt, and then fry, either in oil or butter.

190.—Fried Cream.

Mix half a pound of flour in a pint of unskimmed milk (or cream), pour this paste into a saucepan in which you have already prepared some chopped onion and parsley browned in butter, add some salt, and cook for three quarters of an hour over a slow fire, constantly stirring; then take the saucepan off, add two yolks of eggs, mix well, and stew for another half hour. Then pour into a large dish (which should be rubbed with a few drops of oil), and let the mixture cool. Then cut it into small shapes, dip each into white of egg beaten up, then into bread crumbs, or semolina, and fry them in boiling oil; serve very hot and *croquant*.

191.—Asparagus "all' Uso Lombardo."

Take a good bunch of asparagus and tie it well at both ends, cutting off part of the white stems. So tied, wash for ten minutes in boiling water with salt. Take it out, undo the bunch, lay the asparagus in an earthen pan, with the

green tips towards the centre, and the white stalks on the edge of the dish. Put a piece of butter, pepper and salt, into the middle, and fry on the fire till the butter is coloured. Then take the dish off, stew some good grated parmesan on the asparagus, and serve immediately in the dish in which they have been cooked. Take care that only the butter is browned; the asparagus must on no account be fried.

192.—Tàccole alla Milanese.

In Lombardy young peas in their shells are called *tàccole*. They are cleaned like French beans, cutting off the tips and removing the filaments; then wash with salt and water, drain, and put on the fire in a saucepan, with a bit of butter; after a few minutes throw in some grated parmesan, mix a little with a spoon, and serve hot.

193.—Fricassed Mushrooms.

Brown chopped onion in butter, and put in your mushrooms, already cleaned, plunged in cold water, drained, and cut up. Add some salt; let them cook on a slow fire, often stirring

with a spoon, and directly you take the saucepan off the fire, add two yolks of eggs beaten up with a little lemon juice. Mix again and serve hot on toast.

194.—Carrots al Burro.

Take some good-sized carrots, clean and scrape, cutting off the ends; boil in a little water with salt; take them out with a sifting spoon, cut them in two lengthwise, and put into a saucepan with a piece of butter, pepper and salt. Let them fry slowly, turning them carefully, and in ten minutes add two or three spoonfuls of gravy, in which you have first mixed a little flour. Finally, before taking off the fire, sprinkle with a little powdered cinnamon, and squeeze some lemon juice over them.

195.—Bread Cutlets.

Cut some stale bread into cutlet shapes; soak these for three hours in new milk, drain, and fry in clarified butter till very crisp. Serve up either with pepper and salt, and one of the above savoury sauces, or with wine sauce and jam.

196.—Maigre Rissolles.

With half a pound of boiled rice take three raw yolks of eggs, two spoonfuls of cream, pepper and salt ; stir over the fire. When cold, take a tablespoonful, and in the midst put a tiny bit of butter, and a peppercorn. Roll up into a ball, egg, and bread crumb, and fry light brown. Serve with fried parsley.

197.—Macaroni Rissolles.

The same, substituting well-boiled macaroni, cut into quite short pieces, for the rice.

198.—Potato Rissolles.

Take some very smooth, cold mashed potato in the same way ; put a bit of butter and a small bit of gherkin into the centre. Roll into balls, and fry as before.

199.—Macaroni à la Suisse.

Boil two ounces of macaroni, and drain. Mix two tablespoonfuls of flour and a few peppercorns, in two tablespoonfuls of water ; pour half a pint of boiling milk over this, and stir well.

Then add the macaroni with four well-beaten eggs. Stir, seasoning with sugar, salt, nutmeg, a bit of bay-leaf, and a little cinnamon, and brown in the oven. Some people serve sardines with this dish.

200.—Macaroni.

Two ounces of macaroni put into hot water ; let it simmer with a little salt till quite tender. Strain, and put into a stewpan, with a little plain white sauce. Serve very hot, with or without fried bread crumbs sprinkled over it.

201.—Cheese Macaroni.

Boil half a pound of macaroni ; then put into a stewpan with two ounces of butter, two ounces of grated cheese, and a tablespoonful of cream ; add pepper and salt, and mix well over the fire till quite hot. Shake it up, and brown the top before serving.

202.—Macaroni Fritters.

Make a paste of boiled macaroni cut small, with grated cheese, and a little cream, pepper and salt (the macaroni should be partly in small pieces still). Then sprinkle with grated

cheese, make into little irregular pieces, and fry in batter.

203.—Savoury Rice Pudding.

Wash a teacupful of rice, and boil it with three large onions, a mealy potato, an egg, four ounces of butter, a little chopped celery and herbs, pepper, salt, and sugar. It should boil for nearly two hours.

The same may be varied by adding a little chopped pickle of any kind.

204.—Fried Rice.

Boil a cupful of rice, drain ; then fry it with a little butter, sprinkling in a very little cayenne and saffron powder, salt, and sugar. Some people add a few raisins.

205.—Parmese Rice.

Fry a sliced onion in oil or butter, with a few (shelled) shrimps, prawns, or bits of lobster, stirring in a dessertspoonful of mustard. When hot, put in a cupful of boiled rice (very dry), and a tablespoonful of Parmesan cheese. Stir, and serve very hot.

206.—Rice alla Principessa.

Boil a pound of rice in two pints of milk with a little salt; when half boiled mix an ounce of butter and a handful of grated cheese. Then pour into a tureen, add four yolks of eggs well beaten, mix thoroughly, and serve hot.

207.—Gnocchi alla Marchigiana.

Wash some potatoes with salt and water, peel, crush them on a board, and mix with equal parts of flour, kneading till they are perfectly mixed. Divide the paste into lumps the size of a lemon, roll these on the board into lengths, and cut across into pieces the size of a walnut. Then press these pieces with your finger and thumb on the board into a flat, oval shape, and leave them spread out about two hours to drain. Then boil water with plenty of salt, and throw the gnocchi in when it boils fully, taking them out with a pierced spoon so as to drain them, and place in a dish, pouring hot gravy or grated parmesan (or both) over them.

208.—Friar's Omelette.

Boil twelve apples, as for sauce ; stir in $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. white sugar. When cold add four eggs well beaten.

Put into a baking dish thickly strewn with bread crumbs, so as to stick to the bottom and sides. Then strew crumbs over the top. When baked turn out, and grate loaf sugar, and a little nutmeg on the top.

209.—Cheese Straws.

A quarter of a pound of flour, the same of butter, a large spoonful of grated parmesan cheese, a little salt and cayenne. Mix into a very firm smooth paste, roll thin, and cut in very thin strips. Bake in a slow oven to a light colour.

210.—Batufoli

Boil half-quarter of a pound of maize flour in 2 litri of water with salt, into a stiff paste. Directly it is done take it off the fire, put the mixture with a spoon into a dish in lumps about the size of a small egg (or better rather flatter—Editor) till you

have made one layer, then pour in good gravy and grated cheese ; make as many such layers as you please, and serve quite hot.

211.—Roman Fritters.

Beat some yolks of eggs together with some crumb of bread, which should be first soaked in milk and squeezed ; add sugar in proportion, chopped candied peel, and sultana raisins. Mix well, adding flour so as to make a smooth firm paste, out of which make little balls, flour, and fry them in oil or butter to a good brown. Sprinkle with sugar, and serve hot.

212.—Portuguese Fritters.

Boil a pound of potatoes, peel and pound well in a mortar, add an ounce of butter, as much powdered sugar, five yolks of eggs, a little rum, and three pinches of cinnamon. Mix, and pound again till you have a smooth paste like pomatum. Then add finely-chopped candied peel, mix again, make into lumps the size of a walnut, dip into white of egg, sprinkle with bread crumbs, and fry as before.

213.—Herb Fritters.

Take mint, spearmint, or other fragrant herbs, wash in cold water, drain, throw into a paste made of flour and water, and a little salt, then fry in boiling oil, sprinkle with sugar, and serve.

214.—Farinata alla Genovese.

Take pease flour, according to the sized dish you want, and mix it slowly with enough water to make a tolerably liquid paste, to which add a little salt, mixing well with the spoon. Then cover the bottom of an earthen dish with oil, pour the mixture in, and mix so as to let the oil, which will float on the top of it, be evenly distributed. Then put the dish into the oven, taking care that the farinata is even and smooth, about half an inch in thickness. Let it bake to a bright brown. On taking the dish out, sprinkle with pepper, and serve.

215.—Pizza Napoletana.

Take some leavened dough, knead it well with a little oil and salt, adding at intervals a little grated Swiss cheese rather fresh. Spread the

paste in a greased baking pan, prick the surface, sprinkle with grated cheese, and bake.

216.—Frittata Mantovese.

Boil the rice in milk with a little salt, till it becomes quite soft, place it in a dish, and pour whatever milk remains over it, add a small bit of butter, some grated cheese, and a little cinnamon. When it is nearly cold add three eggs, well beaten; mix the whole, and then fry in butter.

217.—Ham Fritters.

Take a large slice of ham and cut it transversely in slips, put these into the frying-pan with oil enough to fry, then pour over eggs, beaten up and mixed with a little water (according to the quantity), sprinkle with finely-chopped parsley, bread crumbs, and a little salt and pepper, and fry lightly.

218.—Gnocchi alla Romana.

Boil half a pound of semolina, with the same weight of milk, salt, and a good bit of butter, spread the paste on a board as thick as your

finger; cut into small round pieces, arrange them in a dish, and strew thickly with cheese and butter, bake until of a golden brown.

219.—Vegetable Pudding.

Take spinage, peas, and broad beans, boiled each separately, and rubbed through a sieve. Mix with the whites of two eggs, a little pepper, and salt; fill a basin, and boil.

220.—Curry Salad.

Slice boiled potatoes and Portugal onions (the latter cold), place in a dish, and pour curry sauce very hot over them.

221.—Curry Custard.

Break three or four eggs into a basin, and beat them up, add a quart of milk, a little salt and sugar, and two teaspoonfuls of curry powder; bake in a mould, and serve.

222.—Curried Macaroni.

Boil the macaroni till tender, dish, and pour the curry sauce (No. 32) over it.

223.—Curried Potatoes.

Slice boiled potatoes hot, and pour the same curry over them.

224.—Curried Fish.

Half-boil the fish, cut it up and put it into a stewpan with butter, chopped onions, and pepper. Stew till the fish is soft, then add a spoonful of curry powder, stew a little longer, dish, and serve with very dry boiled rice on a separate dish.

225.—Curried Eggs.

Hard-boil the eggs, cut one end so that they will stand upright, and serve in the curry sauce.

226.—Curry Toast.

Make a thick paste of curry powder with chili vinegar. When it is of a consistence just to drop from the spoon beat it up well with a little pounded fish of any kind, or with the hard yolks of two eggs. Moisten with a little cream, make very hot in a stewpan, and serve on hot buttered toast.

227.—Toast au Diablerets.

Make some French mustard into a paste with chili vinegar. Spread any pounded fish on a slice of hot toast, cover with the paste, put on a thinner piece of hot toast and serve.

The same may be done without fish, buttering the toast, then spreading the mustard paste, sprinkling with bread crumbs, adding some very thin slices of pickle and covering with hot toast.

228.—Anchovy Toast.

Bone and wash three or four anchovies, pound them with a little butter, mixing in a small teaspoonful of mustard, some peppercorns and a few drops of chili vinegar. Have your slices of toast buttered hot, or fry some bread ready, and spread the paste on, and serve very hot.

229.—Indian Toast.

Take the remains of any cooked fish (sole or haddock especially), chop and pound with a little butter, mixing in a teaspoonful of curry powder, a teaspoonful of French mustard, and moistening the paste sufficiently with

chili vinegar. Spread on hot toast of fried bread as above.

230.—Breakfast Toast.

Butter some hot toast, spread a little mustard, and a dash of cayenne, cover with a layer of grated cheese, powder with finely-chopped ham, put in the oven till the cheese melts. Sprinkle with crumbs and serve.

231.—Anchovy Butter.

Clean half a dozen anchovies, pound them in a mortar with two ounces of butter, a little cayenne pepper and nutmeg, and a dessert-spoonful of anchovy paste. Rub through a wire sieve. This is useful for anchovy toast, Scotch woodcock, etc.

232.—Indian Butter.

Take a basinful of herbs—tarragon, parsley, chives, thyme, etc., parboil them and drain in a cloth. Add six anchovies, a spoonful of capers, a tablespoonful of curry powder, a little cayenne, and four ounces of butter. Pound altogether and rub through a wire sieve.

233.—Viennese Salad.

Boil one or two large Portugal onions, and beetroot (separately). When cold cut into slices, and place alternately in any salad sauce, vinegar and oil, cream, or mustard and tarragon vinegar.

234.—Russian Salad.

Is made with cooked beetroot, carrot, and parsnip in slices, with chopped gherkins and capers, and a sharp vinegar sauce.

235.—Dutch Salad.

Beetroot, potatoes, sliced apple, and celery. Add oil and vinegar, pepper and salt, and if you please, a little chopped anchovy, herring, or other salt fish.

236.—Galette Cake.

One pound fine flour. Put it in a heap on the table, make a hole in the midst, and put in a large spoonful of salt and the same of sugar; half a pound of butter, and a cupful of water, and knead all together. When the flour and butter begin to mix well, sprinkle in some more

water, kneading all the time with the other hand. Work the paste well, spreading it on the table with the heavy part of the hand, and when it is quite smooth make it into a ball, and leave it for half an hour. Then roll it out two or three or four inches thick, cut the edges, and space it out, cutting in about an inch; turn it, put on a baking tray, glaze with the yolk of egg whipped, put the tray on a hot plate and bake. It ought to take about half an hour.

237.—Potato Hot Cakes.

Take some very light mashed potato, knead with flour, moistening with a little milk; add salt. Roll out to about a quarter of an inch thick, and bake on a griddle. Serve very hot for breakfast or tea.

238.—German Gauffres.

A quarter of a pound of sugar to two eggs, mix with a quarter of a pound of flour, and half that quantity of melted butter, and a little water and some salt. Mix well, divide, and bake.

239.—Carlsbad Gauffres.

Drop a small tumblerful of flour into the same of skim-milk, add an egg. Beat up with three tablespoonfuls of sugar, a little salt, and bake.

240.—Barley Cream.

One pound veal from the best part, one ounce pearl barley; add one quart of water, boil till reduced to a pint, strain through a fine sieve, add a little salt. It should be the consistence of cream.

241.—Milk Jelly.

(Italian recipe.)

Whip ten eggs, white and yolk together, adding two large spoonfuls of powdered sugar. Then add two pints of fresh milk, pouring it gradually in, beating up all the time. Flavour at will with vanilla, cinnamon, chocolate, etc. Pour into a mould and put on to the fire in a *bain-marie* till the mixture thickens to a jelly. When cold pour out and serve.

242.—Potato Pudding.

(Italian recipe.)

Take two pounds of potatoes, boil, then peel, and crush till you can pass them through a sieve. Add to this paste half an ounce of butter, some powdered sugar, eight yolks of eggs, a little orange-flower water (or rum, or any liquor), and some cinnamon. Mix thoroughly till of the substance of very thick cream. Add some chopped candied peel, and pour into a mould, buttered, and sprinkled with bread crumbs. Bake quickly, turn out upon a dish, and serve.

243.—Polenta Gialla Dolce.

Put on to boil 2 oz. of maize flour in two pints of milk, with a pinch of salt. When half boiled take off the fire, and add three well-beaten yolks of eggs, a little cinnamon, an ounce of butter, and a few crushed almonds. Make it all into a paste, cook in a buttered dish or mould, with fire beneath and above, until the outside takes a good golden brown, and serve.

244.—Focaccia all' Alemanna.

Beat up well eight yolks of eggs with eight dessertspoonfuls of powdered sugar; add chopped citron and sultana raisins to taste; also grated lemon peel, and eight tablespoonfuls of fine bread crumbs. Mix, beat the whites of the eggs till they are like snow, and then work all into a smooth paste. Butter a dish, sprinkle with bread crumbs, pour the paste on them, and bake quickly.

245.—Mostacciuoli.

A pound of white flour, half a pound of sugar, finely-ground spice of any kind, according to taste, and a wine glass of water. Mix well, and knead on a board. Spread, cut thin, and bake quickly.

246.—Pan-Forte di Siena.

Boil two pounds of honey, add half a pound of peeled almonds, $\frac{1}{4}$ lb of nut kernels, slightly browned before the fire, $\frac{1}{4}$ lb. of chopped candied peel, a little powdered cinnamon, a pinch of pepper, and $\frac{1}{4}$ lb. of scraped chocolate. Mix thoroughly, and add as much semolina, or

better still, bruised and powdered almonds, as will make it into a firm paste. Then let the mixture cool somewhat, and cut it into round pieces as thick as a finger, and while still warm, put these upon a wafer ground, and let them dry in a moderate oven.

247.—Cappon-Magro alla Genovese.

(This elaborate Genovese dish is given rather as a curiosity than as a useful recipe, but, nevertheless, it is much approved of by Italian *bon-vivants*.)

Take a glass two-thirds of water, one-third of vinegar, add a pinch of salt, and pour it over some slices of bread, lightly toasted, rubbed with garlic, and laid in an earthen dish. Meanwhile boil together a cauliflower, a handful of French beans, a head of celery, and two carrots, and separately, a beet-root, six good-sized potatoes, and two bunches of scorzonera. Drain all these, and season them in separate dishes, with oil, vinegar, and salt, peeling and slicing them respectively. Then boil a couple of whittings, or a lobster, or crab, trim and season with oil, lemon juice, and salt; also boil some horse

radish and six artichokes (cut up). Fry two or three dozen prawns or shrimps, hard-boil six eggs, cut them into quarters; take two dozen olives and six anchovies, well cleaned, half an ounce of salt fish finely mixed, a spoonful of capers, some pickled mushrooms, and two dozen oysters. When all these are ready, take a deep dish or salad bowl, put the toasted bread at the bottom, sprinkle with oil, then the minced fish, then pour over a sauce piquante (No. 13), and put all the other ingredients in layers, adding the sauce to each layer, excepting the oysters, prawns, and olives, keeping the fish for the top. This is then the *cappon-magro*; pour some more sauce round the dish on which it stands, and trim with the oysters, prawns, olives, sliced carrots, etc. This "complicatissima vivanda"—"the Queen of all Salads"—*may* be more simply constructed by the omission of one or more ingredients, according to the taste or economy of those who wish to serve it up.—*From an Italian Recipe Book.*

